



Australian  
Calisthenic  
Federation

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**Examiners Advisory Board**  
**EAB Newsletter**  
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*The Calisthenic Skills program is overseen by the ACF Examiners Advisory Board which is responsible for the development and revision of the syllabus, the facilitation of examiner training and accreditation, and provides the guidelines for the conduct of examination sessions throughout Australia. The State Administrators carry out a myriad of tasks to ensure the smooth running of the examination sessions and delivery of results in their respective states. Supervisors see to the many practicalities required at sessions in their location. Coaches enter and prepare candidates for the appropriate levels, while candidates with the support of their families practise and hone their calisthenic skills to achieve their best possible results. Examiners are appointed and travel to their designated sessions, regional or interstate where necessary. Many people contribute to the successful functioning of the Calisthenic Skills program and each person is highly valued for the time and skill they bring to it.*

*Thanks are extended to the ACF and each State Association for their administrative support and for providing opportunities to raise awareness of the Calisthenic Skills program in the wider community through Skills presentations and performances at National and State competitions.*

*The growth of the Calisthenic Skills program in 2017 is seen in the higher number of entrants from previous years in some states and in the event of a Gold medal being awarded to a Northern Territory candidate for the first time.*

*While recognition and congratulations are given to candidates achieving Medals and Grade 4 Honours and Grade 4 Honours with Distinction as listed below, recognition and congratulations are extended to all candidates who presented and achieved their levels in 2017.*



## Medals

### Gold Medal Honours

**Kathryn Andrews (Vic)**

**Olivia Bouloukis (Vic)**

**Julia Doig (Vic)**

**Rachel Dowling (Vic)**

**Emily Smith (Vic)**

### KATHRYN ANDREWS

I began as a Tiny in 1996 and am now in my 23<sup>rd</sup> Year of Calisthenics at Ceres Calisthenics Club. I competed in the Victorian State Team for 10 years, as well as one year competing as only a soloist.

My Medals journey began in 1999, receiving Honours for Grade One. Because Calisthenic Skills seemed so stressful, I said I would not do any more after Grade 4. Eight years later, I started my Bronze Medal training! Receiving Bronze and Silver Medals with Honours, I took the plunge into the brand-new Gold Medal Syllabus. It was a challenging yet rewarding experience!

*"I would like to thank Ceres Calisthenics Club and Julie Jellis for all the opportunities and support they give me, and to all the coaches and assistants that have taught and guided me. To Lynette Cousins for helping with my Gold Medal, and to Debbie-Jane Andrews, Mum, for gently persuading me to complete my Skills Journey. You were right, they weren't so bad after all and I'm so proud of my achievements. "*

### OLIVIA BOULOUKIS

I have been at Jeaden Calisthenics College for 15 years, winning multiple State Titles and RSSS competitions alongside my teammates and life-long friends. In 2016 I was fortunate to achieve the most prestigious title of the 2016 Most Graceful Girl at the Royal South Street Competitions.

Achieving my Gold Medal was important, as it completes the ACF Skills Program - extending my

knowledge and skills of calisthenics training. Having achieved an almost perfect score of 99 in Grade 3 & 4, it was important to push myself to achieve Bronze, Silver and Gold Medals. Thank you to my coach, Lucinda Williams, for her training and dedication throughout the medals completion. Thank you also to Jeanne Sorich and Kirriliy Wootton for their endless support. I enjoyed sharing the Gold Medal experience with my teammate, Emily Smith.

### JULIA DOIG

Over the last 3 years I have completed the Medal Program provided by ACF. It's been a huge personal development project; being extremely challenging yet equally rewarding, and has done its job in improving my technique in all aspects of the sport and making me the best calisthenics performer I can be!!!

In my Gold Medal last year, performing my three routines on stage was an experience I'll never forget -then to hear the news I'd received my Gold Medal Honours I was so overwhelmed with excitement as I knew it was a culmination of the hard work I'd put in leading up to the performances teamed with the effort and skills I'd developed through Bronze and Silver!

Huge thanks to my coaches Megan & Lynette, for helping me achieve this milestone, and also to the ACF and everyone involved in updating the Medal syllabus - it's totally awesome!

*(Editor's note: Julia is the candidate demonstrating on Test 1,2, 3 video. Her commitment all these years to develop her skill level is to be commended. Well done, Julia!)*

### RACHEL DOWLING

I started Calisthenics at Jeaden at the age of 3 and moved to Merinda for Subbies. Calisthenics has been a massive part of my life and not once have I ever wanted to give it up, even when I was accepted to train in Classical Ballet full time at The Australian Conservatoire of Ballet.

Achievements in Calisthenics include being part of 2017 State Team and placing 3<sup>rd</sup> in Graceful at Nationals and placing 2<sup>nd</sup> in Calisthenic Solo at RSS 2016.

I've been lucky to have some incredible support and role models in my Calisthenics life but the two people who have influenced me most are Sue Harding and Debbie Farrelly. Sue's belief in me helped me achieve high marks in my Bronze, Silver and Gold Medal. I also want to thank my mum for all the support and belief she's always had in me.

### **EMILY SMITH**

I have been at Jeaden Calisthenic College since the age of 4. My Mum and Nanny were both involved in calisthenics, so there was no way I was getting away with spending my Saturdays at netball!! However, I fell in love with calisthenics very quickly, so this was never an issue.

My Mum received her Gold Medal in 1986, and once I caught wind of that, I thought I'd better follow suit! The Skills exams have been a great way to improve my technique, and the Medals programs have challenged me even further in this respect.

I would just like to thank Jeanne and Lucinda for fostering my love for this sport and investing so much time and energy into me over the years. Thanks also to my family for being my No. 1 supporters!! And finally, a huge thank you to my beautiful teammates for giving me something to look forward to every week!

***(From L to R): Julia, Olivia, Kathryn, Rachel & Emily***



### **Gold Medal**

Alexandra Cugini (WA)  
Caitlin Hughes (NT)  
Gemma Kennedy (WA)  
Rebecca Reber (ACT)  
Kiera Skeet (WA)

### **Silver Medal**

Simone Barker (ACT)  
Jenna Brimblecombe (Vic)  
Angeline Cray (Vic)  
Paige Dineen (SA)  
Bianca Eglinton (SA)  
Jazlyn Goldsworthy (NT)  
Jessica Harding (Vic)  
Kamara Henricks (Qld)  
Charlotte Lord (Vic)

### **Bronze Medal**

Laura Bashford (Vic)  
Alex Bignell (Vic)  
Tayla Bolzon (Vic)  
Megan Clarke (Vic)  
Georgia Emery (Vic)  
Ashley Finlayson (Vic)  
Monica Flynn (Vic)  
Aisha Ginnaj (Vic)  
Marlee Shae Holden (Vic)  
Louisa Humphrey (WA)  
Kayla Kearney (SA)  
Jennifer McLaren (Vic)  
Amber McLean (Vic)  
Charlotte Monaghan (Vic)  
Hilary Morgan (Vic)  
Catherine Murphy (Vic)  
Stacey Price (Vic)  
Annabel Smith (Vic)  
Georgia Topp (Qld)  
Stephanie Watson (Qld)  
Morgan Wickham (SA)

**Grade 4 Honour Board**

**Grade 4 Honours With Distinction**

(achieved with a mark of 95+)

Katherina Bast (Vic)  
Taylor-Anne Bright (WA)  
Abbey Chapman (WA)  
Jasmine Clement (Qld)  
Caitlin Cosgriff (Vic)  
Sophie Day (SA)  
Stephanie Dowsey (Vic)  
Ashley Ford (Vic)  
Alyssa Gaulard (WA)  
Hannah Gibson (WA)  
Claudia Jenkinson (Vic)  
Torie Killender (Vic)  
Rose Koutroumanidis (SA)  
Chantal Murrowood (WA)  
Rebecca Perry (Vic)  
Sophie Pickersgill (WA)  
Alexandrea Renkin (Vic)  
Brooke Sanstrom (Vic)  
Tamara Stojnic (WA)  
Amelia Stutterd-Walsh (Vic)  
Chelsie Summers (Vic)  
Adele Wawra (Vic)  
Eliza Wittison (Vic)  
Hayley Yuill (Vic)

**Are you using the correct syllabus?**

**Please check you are using the latest syllabus. Please note the medal syllabus is re-dated annually. Coaches and candidates will need to check they are using the syllabus which corresponds to the year in which the exam is being attempted.**

**Are you interested in becoming a trainee examiner?**

**Please see the information on the ACF website at <http://www.calisthenicsaustralia.org/>**

**Grade 4 Honours**

Lauren Castricum (Vic)  
Jamila Christensen (Vic)  
Sarah Connell (Vic)  
Christina Copeland (Vic)  
Tahlia Crossley (Vic)  
Paige Davey (Vic)  
Bree Davey (Vic)  
Charlotte Dawson (Vic)  
Brooke Harrison (Vic)  
Samantha Hiern (SA)  
Zoe Lancaster (Vic)  
Taylah Leslie (Vic)  
Willow Ofoso-Amaah (Vic)  
Gabriella Pigatto (Vic)  
Tyler-Rose Shattock (Vic)  
Rebecca Spencer (Vic)  
Cassie Sullivan (SA)  
Dekoda Turner (Vic)  
Alexandra Vaughan (SA)  
Scout Vos (Vic)  
Caitlin Webber (SA)  
Annabelle Wilson (Vic)

**Administrators**

**Many thanks to our State Administrators: Liz Hickey (Vic), Chris Mulraney (SA), Sarah Chalmers (Qld), Jacqueline Reber (ACT), Jenny Buchanan (NSW), Stephanie Humphrey (WA) and Ann Marie Hughes (NT) for all you do for the Calisthenic Skills Program.**

***The ACF Examiners Advisory Board wishes all coaches and candidates every success as you train and prepare for the 2018 exams.***